



Coaching and Learning Tennis Basics 4: The Road to College Tennis

Patrick Diegan

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-For beginning tennis players. -Parents of beginning tennis players -Aspiring trainers and players of all levels
-How to develop a young tennis player and the college recruitment process This extensively illustrated guide provides a wealth of information including the following: How to select the correct racket, string and stringing machine. Knowing your grips. Quick Start tennis Beginning forehand, backhand and service teaching progressions in a group situation. The volley, topspin, slice and service teaching progressions when teaching the individual. Footwork including advanced movement techniques. ATP compared to WTA forehand. Advanced spin serving. Advanced volleying. Two handed backhand variations. Return of serve, approach shot and specialty shot sections. The development of a young tennis player and the route to college tennis. Beginner, Intermediate and advanced singles and doubles tactics.

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